

The Words of Institution

Today, I want to talk to you about the words of institution. This is when I hold the bread up and say, “Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: ‘Take, eat; this is My body, which is given for you. This do in remembrance of Me’”

Then I hold the cup up and say, “In the same way also He took the cup after supper, and when He had given thanks, He gave it to them: saying, ‘Drink of it, all of you; this cup is the new testament in My blood, which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me.’”

This is the main part of the liturgy in the Communion service. In fact, that and the distribution of the elements are the only things we need to have Communion. All the rest of the things we’ve talked about, the Preface, the Sanctus, the Prayer of Thanksgiving, even the Lord’s Prayer, prepare ourselves for this moment. At this point, God delivers the body and blood of His Son in, with, and under the bread and the wine. For that reason, what do you think you should be doing during these words? Your focus should be on Christ. So, you should be looking at me, or more specifically, looking at the bread and cup as I hold them up. You may also cross yourself at the words, “My body” and “My blood” to remember your baptism.

Prayer:

Lord, we are saved through Your broken body and shed blood. Let that be our focus during Communion, so that we may focus on You throughout our life, in the name of the Father and of the Son and of the Holy Spirit. Amen.